

**School Hours**

Welcoming Bell 8:50

Classes Begin 8:55 a.m.

8:55 a.m. – 12:10 p.m.

12:10 p.m. – 12:55 p.m. Lunch

12:55 p.m. – 3:10 p.m.

# École Arthur Pechey Public School

Principal: Mrs. Brandi

Sparboe Vice-Principal: Mrs.

Sherry Gunville

Secretaries: Mrs. Sharon Kaponyas, Ms. Hobson

24 Hour Attendance  
Number 1-833-309-1241  
Please report all absences.



2675 4th Avenue West

Prince Albert, SK

S6V 5H8

Phone 306-922-9229

Fax 306-763-4878

<https://ap.srsd119.ca/>


## CURBSIDE ASSISTANCE

Call: 306-922-9229

Or text: 306-314-8820

MONDAYS  
TO FRIDAYS  
8:30 - 4:00

CALL:  
306-922-9229  
TEXT:  
306-314-8820

To keep our students safe, access to the school will be limited. Please give us a call if you require assistance and we can meet you outside.

- Registration help
- Lunch drop off
- Questions
- Pick up

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arthur\_pechey\_school  
Facebook:  
Ecole Arthur Pechey  
Public School

REGISTER  
HERE →



## OCTOBER 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Kindergarten Registration for the 2020/2021 School Year:</b>  We continue to accept registrations for both the English and French Immersion kindergarten classes. Please contact us at 306-922-9229 for further information.			1	2
5 <b>Picture Day</b>  (Say Cheese)	6 <b>Picture Day</b> for alternate Kindergarten classes  <b>SCC Virtual Meeting</b> 6:30 p.m.	7 <b>Pajama Day</b> (No blankets or stuffies please) 	8	9
12 <b>Thanksgiving Day</b>  <b>No Classes</b>	13 <b>Canteen Grades 4 – 8 Soft-opening</b> <div>             Grade 8 – Mondays              Grade 7 – Tuesdays              Grade 6 – Wednesdays              Grade 5 – Thursdays              Grade 4 – Fridays           </div>	14 <b>Jersey Day</b> 	15	16
19	20	21	22 <b>Hat Day</b> 	23 <b>Hot Lunch Orders Due</b>
26 <b>PLC Day</b> <b>No classes</b>	27	28	29 <b>Hot Lunch Pizza 73</b> 	30 <b>Black and Orange Day</b> (no Halloween Costumes please) 

We would like to thank our families for supporting us in our efforts to keep our school community healthy by following the safety guidelines regarding COVID-19. We appreciate your efforts in monitoring your children and keeping them home if they are sick. If your child is not feeling well or is exhibiting symptoms of COVID-19 or if the number of symptoms they have is increasing or the symptoms are getting worse, please call 811 and follow the direction of SHA. Thank you.



### **Building a Stronger Foundation in Math** **Bâtir une base solide en mathématiques**

This year we have decided to keep working on Math as our school goal because we did not get enough time to do all of the things that we wanted to get done before COVID happened. We know, that's sad (well maybe for the people who love math), but for those that don't, we have things covered!

We know that the time away from school last year looked different for everyone but one thing we know for sure is that we are so excited to be back at school with our AP family! We are happy to work on Math and to keep the LEGO theme going strong.

We have found some fun, new, safe and exciting ways to use LEGO to help us build our understanding of math and have a blast while we are doing it. Things may look different this year, but we have an awesome team of teachers and staff who want to see our students celebrate success in all of their math goals.

Keep an eye out for all of the updates, ideas and LEGO themed fun that is coming your way!

*"Mathematics may not teach us how to **add** love or **subtract** hate, but it gives us every reason to hope that every problem has a solution."* (Taken from: [www.mathematicsrealm.blogspot.com](http://www.mathematicsrealm.blogspot.com))



## Tipi Teachings - Character and Values Education & Following Their Voices

New and exciting things are happening at Ecole Arthur Pechey School this year! Tipi Teachings is in full swing again this year. Want to know more about what students are learning about and practicing? Check out our Tipi Teachings website:

<https://sites.google.com/view/aptipiteachings/home?authuser=1>

\*This website will be always updating. Please check into the website frequently to see any new or added information. Every teaching will be located on our new Tipi Teaching website under each teaching tab. On this website, there are a variety of ideas for how to practice or demonstrate the current teaching, either at home or at school.

What are Tipi Teachings?

- Tipi Teachings are a Character and Values Education Program that helps us to explicitly teach our students how to be the best version of themselves and how to treat others.
- Tipi Teaching allows us to do so in a culturally relevant and meaningful way.
- Tipi Teachings is one way that we attempt to authentically integrate First Nations and Metis ways of knowing and learning into our practice and our community.
- Our school division believes: *all students should experience Indigenous cultures and traditions within the context of public education. All students benefit from an enhanced understanding of First Nations and Metis ways of knowing and being.* We agree and strive to do this every day.  
**"Build student capacity for intercultural understanding, empathy, and mutual respect"**(Truth and Reconciliation Commission of Canada Call to Action, 63 iii).

Over the course of the year we go through 15 teachings, each related to a character trait or value. In September, we focused on *Obedience*. In October, we will begin with *Respect* and then we'll move on to *Humility*. Here is a summary of some of the key points that classes focus on for each of these areas.

- Obedience/**L'obéissance**: We learn by listening to traditional stories. By listening to our parents or guardians, our fellow students, and our teachers. We learn from their example, their behaviours and their reminders so that we know what is right and what is wrong.
- Respect/**Le respect** : We must give honour and show respect to our parents, guardians, Elders, teachers, and fellow students. We must honour other peoples' rights. When I respect myself, I live in harmony with the world and the people around me.
- Humility/**L'humilité** : We treat others equally. We are not above or below others. We understand that we are an important part of the world community.

## Following Their Voices (FTV)

École Arthur Pechey School has been selected as the first elementary school in Prince Albert to be an FTV school!

What is FTV?

*"Following Their Voices is an initiative designed to raise the educational achievement and participation of Saskatchewan's First Nations, Métis, and Inuit students. Following Their Voices focuses on enhancing relationships between students and teachers, creating structures and supports for teachers and school administrators to co-construct teaching and learning interactions with students and creating safe, well-managed learning environments."* Retrieved from: <https://www.followingtheirvoices.ca/#/ftv/pages/6>

Research has shown that accelerating learning for First Nation, Inuit, and Metis students through a range of effective, high impact practices, and strategies benefits the whole school population.

"Improving the education of Métis, Inuit, and First Nations students not only benefits the students but also benefits the province as a whole" (Ministry of Education, 2018, p.12). In Saskatchewan, we want all people to reach their full potential while walking and learning in harmony and reconciliation.

### We need your help!

FTV is releasing a parent survey, which is due **November 30th**. The information that will be gathered from the surveys will help teachers support our students in the FTV program from a parent and caregiver perspective. Once you have completed the survey, please screenshot that you have completed it and send it to [spilon@srsd119.ca](mailto:spilon@srsd119.ca). You will then be entered into a draw to win a gift card which will go towards AP's online clothing store.

Here is the link to the FTV parent survey:

<https://followingtheirvoices.ca/ftv/surveys/#/anon/code/7aRkW0eS>

This code will appear on the survey please ensure it is correct: 7aRkW0eS

### Mont St. Joseph Home(MSJ)

We also are maintaining our friendship with Mont. St Joseph Home (MSJ) -- Virtually! MSJ and AP have teamed up to do virtual events throughout the year! Our AP Students and MSJ residents will be participating in virtual bingos, art and music! In November, we will be featuring a few of the MSJ residents in our "Get to Know You" project as well as a few of our AP students. We are so glad we were able to keep our connection with Mont St. Joseph even though it is from a distance.

### Physical Education

#### Extra- Curricular Activities and Sport

Saskatchewan Rivers Public School Division is currently in the process of re-instating our Extra-curricular programs at a school and division level. It is a 5 phase plan (with tentative dates) that will slowly integrate extracurricular sports and activities at noon hour, before and after school. This plan will be gradually introduced based on the Saskatchewan Covid-19 Health Guidelines and the safety of our students, staff and schools as well as the availability of staff volunteers. Please know that we may or may not move past Phase 1 this school year.



#### Phase 1: (Tentative date: Oct 13<sup>th</sup>)

Phase 1 will include individual/ cohort skill based learning in the classroom (Physical Education) with the eventual addition of noon hour recess.

**\*\*\*SRPSD extracurricular activities and sport (skill based learning, intramural or inter-school) can be withdrawn at any time by SRPSD and following guidance from the SK Health Authority\*\*\***

Thank you so much for all your support during these times. Our #1 goal is to ensure the proper safety for our students staff and schools. Please stay tuned for further updates concerning extracurricular activities!

Mr. Kalika





## **School Community Council**

Our school has a long history of working together as an entire school community – staff, students, parents, and guardians - to provide the best educational environment and opportunities for our children. The School Community Council is a great way to learn more about your child's school and to make a difference in your school. Involvement can come in many forms: attend meetings (virtually for now); share ideas; ask questions; organize events; support fundraising efforts; and more!

At the beginning of each school year, the SCC holds an Annual General Meeting during which the current representative members elect School Council Officers as well as further representative members. In order to have balanced representation and an effective council, we hope to have at least five members elected each year.

This year, we will hold a virtual Annual General Meeting through Zoom on Tuesday, October 6<sup>th</sup> at 6:30 pm. I hope you will consider joining us. We would love to see you there!

To join this meeting you will need to be connected to the internet and follow the link below. Please don't hesitate to let me know if you need any help or have any questions. Thank you!

### **Join Zoom Meeting**

<https://us02web.zoom.us/j/89633629048?pwd=eTlZS2tYQllwRG9Vemw5a2p1NEU5Zz09>

**Meeting ID: 896 3362 9048**

**Passcode: AP SCC**



### **Lunch Hour**

Your child's safety and well-being is important to us. Please carefully read the lunch hour letter that was sent home with your child. We must have confirmation from parents/guardians if your child will be going home for lunch.



### **Electronics and Cell Phones**

Students are advised not to bring any electronics to school, as we are not responsible for lost or stolen items. Very few students have access to an individual locker that is secure.

We understand that you may want your child to carry a cell phone for safety reasons; however, there is no need to have the phone on at school as we have school phones.

Therefore, if a cell phone is brought to school, it **MUST** be powered off and stored in a safe place between 8:50 and 3:15. If a student is repeatedly asked to put the item away or continues to use it during school hours, parents will be contacted to come and pick it up.

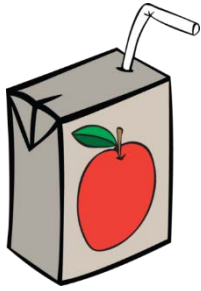
### **Bussing**

Great news!! On Monday, October 5, our bus zone will be moving to 28<sup>th</sup> Street. We are hoping to have a section in front of the school, where the current bus zone is located on 26<sup>th</sup> Street West, for 15-minute loading as well as a section for two hour parking. We ask you to be aware of the parking signage when dropping off, picking up or parking to enter the school. As always, we would like to remind you that the staff parking lot is not available for drop off or pick up of students.



### **Canteen Options Coming October 13<sup>th</sup> – Starting with Grades 4-8**

Starting October 13<sup>th</sup>, we will be doing a staggered re-opening of our canteen. In order to reduce student traffic in our hallways and the mixing of student cohorts, we will begin with our grade 4-8 students. Each grade will be assigned one day per week. Students will follow all safety guidelines including physical distancing while waiting in line. We will have a limited menu available. In the coming weeks we will let you know if we are able to expand the canteen to all grades. For now, the schedule will be as follows:



Grade 8 – Mondays  
Grade 7 – Tuesdays  
Grade 6 – Wednesdays  
Grade 5 – Thursdays  
Grade 4 - Fridays  
**Canteen Menu**

Available from 12:10 to 12:45.



**\*Prices and availability are subject to change without notice\***

<b>Fresh Pizza:</b> Pepperoni & Cheese.....	<b>\$3.00/slice</b>
<b>Leftover Pizza (frozen &amp; reheated – sometimes available) .....</b>	<b>\$1.00</b>
<b>Corn dogs .....</b>	<b>\$1.50</b>
<b>Pizza Pops :</b> Pepperoni and cheese .....	<b>\$2.00</b>
<b>Granola bars.....</b>	<b>\$1.00</b>
<b>Beef Jerky .....</b>	<b>\$2.00</b>
<b>Hot Rods .....</b>	<b>\$1.00</b>
<b>Crispers/Pretzels/Popcorn/Chips .....</b>	<b>\$1.50</b>
<b>Flavored water .....</b>	<b>\$1.50</b>
<b>Juice boxes .....</b>	<b>\$1.50</b>
<b>Desserts:</b> wagon wheel, pudding (chocolate & vanilla), frozen yogurt tubes .....	<b>\$1.00</b>



## Community News



[Silver for Gold](#) was created with the hope of impacting families across Saskatchewan. We collect pop tabs and donate 100% of the money to Childhood Cancer Research and Awareness directly supporting [Small But Mighty SK](#) from [Saskatoon, Saskatchewan](#). Please save your tabs. If you have any questions, please contact Mme Shelley Mitchell. She is the rep for Prince Albert and area and will pick up your tabs.

### Christina's Art School

Follow your child's heart...if they love drawing, make it a part of their life and help them develop their skills at Christina's Art School! We have taught many students (adults included) this life-long soul nurturing skill of creating artwork. We teach pencil drawing, charcoal, pastels, colored pencils, acrylic painting and watercolor. Whether they develop their love of drawing into a hobby, or it's their launch into a secondary school and career, the skills they acquire will be with them for life. We are now taking registrations for year-long classes which start in September. Phone Christina Thoen, Certified Teacher (Art Major) for more information and to register. 306-961-3350.



## BE WISE AND IMMUNIZE

Immunization is the best way to protect children from many dangerous diseases. It protects individuals, families, and communities by preventing the spread of disease. It is important to keep infant and children's immunizations on time and up-to-date to provide the best protection. In Saskatchewan, immunization is provided through public health beginning at two months of age. Immunizations are given throughout the infant and preschool years as well as in Grades 6 and 8.

There are resources available to parents that can help answer immunization questions. These resources include:

- Caring for Kids – [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca). This website from the Canadian Pediatric Society has a section on immunization. This site provides information on vaccines, vaccine safety, common concerns, myths and facts and general information regarding immunization.
- Kids Boost Immunity – [www.kidsboostimmunity.com](http://www.kidsboostimmunity.com). This resource is a free online learning resource for Canadian students with lessons linked to science, social studies and health curriculums. It is designed for teachers and their classroom students. By completing quizzes, students have the opportunity to earn vaccines for children through UNICEF Canada.
- I Boost Immunity – [www.iboostimmunity.com](http://www.iboostimmunity.com). This site provides information regarding immunization and communicable diseases by doing "Booster" quizzes. If the average score for a quiz is beaten, a vaccine is earned for a child in a developing country through UNICEF Canada.
- Immunize Canada – [www.immunize.ca](http://www.immunize.ca). Immunize Canada provides information for the public regarding immunization, diseases and vaccines. There are sections for parents and adolescents who may be looking for more information.
- Information regarding Saskatchewan's immunization program is available at [Government of Saskatchewan Immunization Services](http://Government of Saskatchewan Immunization Services). This site includes information on the immunization programs, the immunization schedule and vaccine information.

For further information on immunization, please contact your local public health office. You can find the contact information for public health offices at [Government of Saskatchewan Public Health Offices](http://Government of Saskatchewan Public Health Offices).

### **Allergen Aware: Reduce the Risk**

There are children in our school with severe life threatening food allergies (anaphylaxis) to nuts and peanuts. This medical condition can result in death within minutes. Although this may or may not affect your child's class directly, we ask that any foods you send to school with your child be free from nut or peanut products. More information about anaphylaxis is available at the school. Please contact us. Thank you for your understanding and cooperation.





A NEWSLETTER FOR PROFESSIONALS

## Food Attitude and Eating Competence

*A competent eater is positive, flexible and comfortable with eating as well as matter-of-fact and reliable about getting enough to eat of enjoyable food.<sup>1</sup>*

Building a healthy attitude with food is a life journey. A journey influenced by experiences - taste, smell, texture and emotion as well as physical ability and health status. Eating competence is learned within a process that involves structure, opportunity and trust.

Developing a healthy food attitude starts at birth with responsive feeding – part of a healthy feeding relationship. Parents are encouraged to feed when an infant shows early signs of hunger, on demand, rather than on a schedule. Consideration for infant satiety begins the process of learning to be a “good” eater.

Complementary feeding is the period of 6 to 24 months where children learn about food, feeding and choosing from family foods. Children master the skill of feeding over 2 to 5 years if given developmentally appropriate opportunities to learn.

Opportunities are rooted in structure - what food is offered, where it is offered and when it is offered. A child is always responsible for *how much* and *whether* to eat (Division of Responsibility™). The goal is that a child eventually learns to eat from the food options offered at

planned meal and snack times at the family table. It is more than the task of feeding that is important; adult and child have roles that set ground rules, reduce mealtime battles and remove pressure to eat.

### Adult roles:

- Choose and prepare food
- Provide regular meals and snacks
- Be the example and set the tone
- Consider a child's food experience without catering to likes and dislikes
- Let your child grow into the body that is right for them

### Trust your child to:

- Eat the amount he needs
- Learn to eat the food you eat
- Grow in the way that is right for her
- Learn to behave at mealtime

*A good eater is a competent eater: pays attention to hunger and fullness, chooses from the family foods on the table; and behaves at mealtimes.<sup>1</sup>*

Adults set structure and boundaries that influence whether food experiences lead to competent eating. Structure is set in the home, at relatives' homes, daycare and school. All adults have positive and negative emotions that are evoked by smells or tastes rooted in a childhood memory. To raise a “good eater” one must be a competent eater with a healthy “food attitude”.

# Nutrition Update Newsletter

## September 2020

### REGISTERED DIETITIAN

#### CONTRIBUTORS

Tracy Bielinski

Danielle Campbell

Jadwiga Dolega-Cieszkowski

Nadia Makar

Andrea Toogood

#### CONSULTING PROFESSIONALS - SLP

Janelle Park, Jill Frith

& Tammy Klassen

### Healthy food attitudes include:

- Regular meals and snacks
- Eating often enough to be hungry at meals but not starved
- Making food taste good
- Taking the time to tune in and enjoy
- Not labelling food good or bad

An adult gains eating competence when they listen to their own body cues about hunger and fullness, enjoy food without guilt and eat in a way that is sensible and sustainable. An adult decides their own what, where, when and how much - as well as deciding if they eat or not.

Competent eating is choosing or offering foods you enjoy and getting enough to eat for the hunger you feel. This is not always easy. Stressing over balanced diets or giving a toddler autonomy to choose conflicts with what we think is “good” feeding. Our own food attitudes and biases affect our behaviour and are observed, mimicked and learned by our children.

Relax, be flexible, have fun and ENJOY!



## Ask a Nutrition Expert

What are barriers to eating competence? Examples of barriers include cleft palate, sensory issues, autism, life threatening allergies, reflux and food anxiety. Families may need the support of health practitioners such as a Physician, Speech Language Pathologist, Occupational Therapist or Dietitian. Guidance and support may help prevent problem eating or growth faltering.

Children are sensitive to their feeding environment. Have you ever sat on a restaurant barstool? How did you feel? What was your eating experience like? Now look at a highchair from a child's perspective.

An infant learning to eat needs to be able to sit independently, upright, in a highchair. A child also needs core strength. An infant's trunk and feet need support to help baby feel secure. A child seated in a highchair without adequate support is like floating in space and is not comfortable. Worrying about falling on one's head makes it difficult to focus on eating. A child that feels secure and stable can focus on the activity of eating. Use a highchair with good back support and a footrest. An infant is learning to use all of their senses when learning to eat, including spatial experience such as using arms and hands to pick up food to bring to the mouth.

Anxiety or neophobia is distressing for children and adults. Some children are more cautious or fearful than others. Fear, hate or disgust of foods can occur for no reason, from an illness (vomit), teething (pain), being told "just one bite" (pressure) or when mom goes back to work (chaos).

When a child feels that their feeding environment is not working, negative associations can interfere with learning to eat. A child can sense adult anxiety and react by not eating or not eating well. Anxiety can override hunger. It is important for adults to set aside their own anxiety before feeding.

Early negative experiences around eating can lead to a child being super sensitive around feeding which can take years to overcome.

The physical skill to eat and swallow affects the types and textures of foods a child will accept. A child can become fearful or refuse food if they are offered textures beyond their developmental stage. This may lead to a child "hating" the feeding experience. A child with oral motor coordination difficulties, such as cleft palate, GERD or reflux, may not be able to chew, swallow or manage different textures of food well. Children with such difficulties may require clinical intervention.

Feed the way your child can eat.<sup>1</sup>

Each child learns to eat in their own way. Barriers to feeding well mean that the adults must modify their approach so structure and opportunity will build a child's trust in feeding.

When does picky eating become a problem? No matter what age, we are all more or less "picky eaters". There are foods we like, dislike, consider favorites and foods we learned to try again later. Who hasn't said "yuck", picked food off a plate or had a fit when nuggets were not on a menu? Picky eating can be normal and can change day-to-day. We need to accept, without criticism, that children have a tendency to be picky, cautious or not adventurous.

Problem eating is beyond picky<sup>3</sup>. It has associated "red flags" such as growth faltering, still on purees at 9 months, consume a very limited variety of foods (less than 20 foods) or a total meltdown every time a new food is offered. A picky eater balks at a broken cracker but a problem eater refuses all cracker, bread, and biscuit type snacks. Problem eating can occur at any age and many children and adults need support to develop healthier food patterns.

If an individual exhibits signs of problem eating or "red flags", further assessment from a health practitioner is required to prevent malnutrition or disordered eating habits.

Focus on food exploration, learning opportunities and skill development, not on volume or amounts. A smile goes a long way to creating a positive food experience.

1. Ellyn Satter [www.ellynsatterinstitute.org/](http://www.ellynsatterinstitute.org/) Division of Responsibility™ and How to Eat 2. Melanie Potuck [mymunchbug.com/](http://mymunchbug.com/) Pediatric Feeding Expert - help for parents and professionals 3. Kay Toomey <https://sosapproachtofeeding.com/>

WRITTEN BY THE PUBLIC HEALTH NUTRITIONISTS OF SASKATCHEWAN

Distributed by :

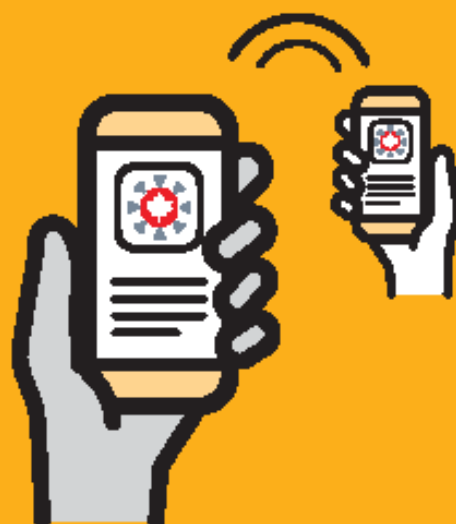
No matter what your age, you learn to accept food by: ☐ seeing others eat ☐ looking at food ☐ smelling food ☐ touching food ☐ tasting and spitting ☐ tasting and swallowing ☐ eating one bite and stopping ☐ changing your mind about what you like and dislike

References and Resources

Cathryn Abrametz, RD Public Health Nutritionist Population and Public Health Services

# Protect your community.

## Download the COVID Alert app.



The more Canadians who install the COVID Alert app, the better we can limit the spread of COVID-19.

Let's protect each other. Download the app.  
Learn more:

 [canada.ca/coronavirus](https://canada.ca/coronavirus)

 1-833-784-4397



# Double your protection.


## Download the COVID Alert app and wear a mask.



The more Canadians who install the COVID Alert app, the better we can limit the spread of COVID-19.

Let's protect each other. Download the app.  
Learn more:

 [canada.ca/coronavirus](https://canada.ca/coronavirus)

 1-833-784-4397

